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10 Questions to Ask Your Family

- 1 | What traits seem to run in our family?
(You don't have to only ask about health, start with anything from your family's blue eyes or curly hair to your height and personality – just get your family talking.)
- 2 | Did my family members have any health problems?
- 3 | How old were my family members when their health problem started or was diagnosed?
- 4 | How old were my family members when they died?
(If you don't know exact dates, ask about the approximate age at death.)
- 5 | What were the reasons they died?
(Note if the cause of death was unknown.)
- 6 | Were there any pregnancy losses or babies born with birth defects?
- 7 | Where were my family members born?
(Ethnicity can be a risk factor for some health problems.)
- 8 | Did any of my family members smoke? If yes, how much and for how long?
- 9 | What other lifestyle habits did my family members have?
(For example: Did they exercise regularly? Were any overweight or extremely thin? Did any have addictive behaviors?)
- 10 | What types of allergies did my family members have?
(For example: hay fever, food or medication allergies)

References:

- Daus, Carol. Past Imperfect: How tracing your family medical history can save your life. California: Santa Monica Press, 1999.
- MayoClinic.com How to compile your family medical history



Make
Family
Health
History a
Tradition